For my third lesson I once again taught Physical education 9. For this lesson Ms. Hayes and I made an exercise circuit where the students would get a full body workout. It consisted of sixteen workouts which together worked the whole body. We set it up in stations and each station had a pair of students. This kept the students involved because they were always at a station going they did not have any breaks.

I explained to the students that these workouts could all be done in the home and that you did not need a gym to get a good workout. I think this related well to students because they were all workouts they could do when they weren’t in school.

I tracked students understanding by how they were doing the exercises. We used observation as our main form of assessment. This was the best way to assess the students because the main focus was students participating and getting a workout. Some of the workouts they had done before so they did some well. A few of the workouts such as the eagle hold was new to them. So, during these stations Ms. Hayes and I corrected the students.

We used classroom management again during out co-teaching. While one of us were instructing the other teachers made sure students were staying on task and doing the tasks correctly. We had two extra student teachers helping which was nice because with sixteen stations going on it was difficult at times to watch all of the students. The main problem we encountered was keeping all the students engaged the full time. Having the extra teachers also helped with this. Overall, the students stayed active and worked hard. There were a few students that did not want to try and needed extra attention. But giving them extra encouragement helped out with that.